



Prevention Strategies for Parents

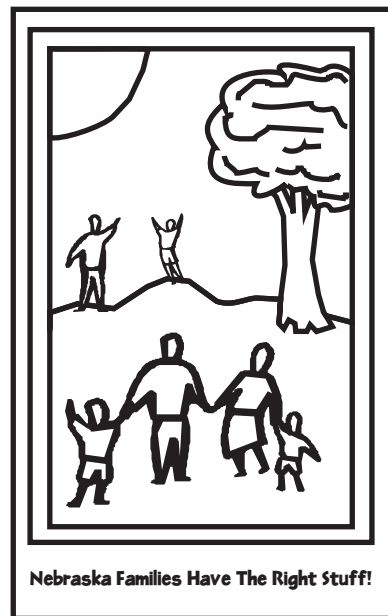
**Set a GOOD
example for your kids!**

Don't use illicit drugs.

Don't use tobacco.

**Use medication according to
directions.**

**Use alcohol in a low-risk
way, even if that means
"NO USE!"**



Prevention Strategies for Parents

**Know where your child is,
who your child is with, what
your child is doing, and make
sure your child knows how
you expect him or her to
behave.**

Set and enforce curfews.

**Share supervision with other
trusted adults.**

**Write down and post rules
and routines.**



Prevention Strategies for Parents

**Set a no-use rule that
clearly states "In
this family, we don't allow
tobacco or other drug use,
ever; and we don't allow
drinking alcohol until legal
age!"**

**Talk about why you have the
rule.**

**Monitor and enforce the
no-use rule.**



Prevention Strategies for Parents

**Live with positive ideals
and bonds.**

Good Manners

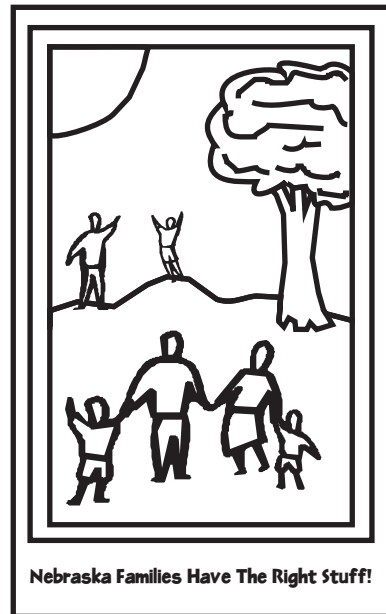
Shares With Others

Trustworthiness

Good Attitude

Kind and Friendly

Positive Relationships



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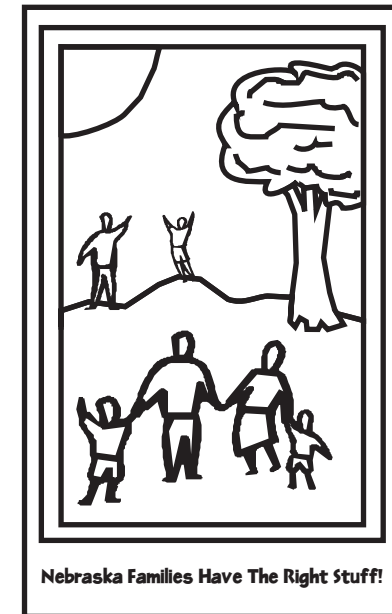
**Make sure your child's
behavior leads to
consequences.**

**Positive behavior =
positive consequences.
Inappropriate behavior =
negative consequences.**

**Not too strict and not too
lenient.**

Consistent and timely.

**Logical or natural
consequences.**



Prevention Strategies for Parents

**Let your child know you love
him or her; support; care;
accept; be affectionate**

Hug!

Smile!

Listen!

Share!

Love!